

Hi Moms & Dads!



You are invited to join us **Saturday, June 6, 2015**, at **Hidden Falls Park in Auburn** for a **nature walk/hike** from **10 am to 1 pm**. You are welcome to bring along family and friends to join us on the walk. Carpooling is recommended as parking is limited. We hope the peaceful environment and good company will lift your spirits!

If you haven't been able to attend the moms or dads groups for a while, we hope you will come! We would love to see you again! If you are new to our groups, or have never attended, this will be a friendly way to get acquainted. This activity will not take the place of our regular June parent gatherings. Details for those meetings will be emailed to you next week.

The park has 1200 acres and over 30 miles of hiking trails! The trails that we will be walking are moderate to easy. We will be hiking to the Falls where there is a lookout platform. From the parking lot to the Falls is about 1 to 1.5 miles. Parts of the trail are shaded, there are no steep hills but the ground is uneven and there is some uphill walking. We recommend good supportive shoes, a hat, drinking water and a walking stick if you have one! Pets are allowed! So, if you would like to, feel free to bring them along too!

After the walk, we are planning to enjoy a group lunch. There are no food places close by, so if you would like to stay for lunch, please pack a lunch and a blanket to leave in your vehicle.

We will begin gathering at the park around 9:45 and we will leave to begin the walk at 10 am.

Itinerary:

9:45 am - Meet at parking area of Hidden Falls park

10:00 am - leave for hiking trails

1 - 2:00 pm - return from hiking and enjoy lunch together

What to Bring:

Good walking shoes

Water

Walking stick

Hat

Lunch

Blanket (for sitting on during lunch)

Folding camp chairs (if you don't like sitting on blankets on the ground)

If you would like to learn more about the park please visit their website: <http://www.placer.ca.gov/departments/facility/parks/parks-content/parks/hidden-falls> or one of these websites that offer additional information:
<http://alltrails.com/trail/us/california/hidden-falls-trails>
<http://www.yelp.com/biz/hidden-falls-regional-park-auburn>

Attached is a copy of information from the Placer County website.

It will be helpful to us if you RSVP with how many people will be joining you, so we can keep a lookout for you and also plan accordingly! Heidi's email: HCrosbie@sbcglobal.net; Teresa's email: TWelch2@gmail.com. (Click on "reply all.")

We hope you can join us!

Looking forward to seeing you on the trail!

Heidi Crosbie & Teresa Welch
Sacramento-Placer County Chapter
Bereaved Parents of the USA
Reaching out to families in the Greater Sacramento Area,
Placer County & surrounding counties, and the Central Valley



Hidden Falls Regional Park

Get map & directions to:

[7587 Mears Place, Auburn, CA 95603](#)

<http://www.placer.ca.gov/departments/facility/parks/parks-content/parks/hidden-falls>

Directions from your location are available at this website.

Hours

Hidden Falls Regional Park is open to the public from ½ hour before sunrise to ½ hour after sunset 365 days a year at no charge to visitors.



Visitors to the Hidden Falls Regional Park may encounter sheep or goats grazing throughout the Park. Livestock grazing utilizing sheep and goats is being used as a vegetation management tool to maintain and improve habitat conditions for resident plants and animals and to help prevent or minimize the effects of wildfires.

For your safety:

- Do not pet, touch or feed grazing animals
- Dogs must be on leash at all times and under owners direct control
- Do not touch fencing, it may be Electrified to contain grazing animals
- Do not cross into fenced or penned areas

If you have any questions or if you encounter a problem with the grazing program at Hidden Falls please call 530-886-4901 or send an email to PlacerCountyParks@placer.ca.gov.

The 1,200-acre Hidden Falls Regional Park (Hidden Falls) is located between the communities of Auburn, Lincoln, and the Ophir/Newcastle area. The park is situated along the Coon Creek and Deadman Creek watersheds, and is south of the Bear River. Hidden Falls Regional Park was

purchased by Placer County through the Placer Legacy Open Space and Agricultural Conservation Program for the purposes of natural conservation and passive recreation.

Hidden Falls offers 30 miles of multiple-use trails, two observation decks allowing close-up views of 30 +/- foot waterfalls, picnic areas, and fishing access. There are sweeping views of the Sacramento Valley to the Sutter Buttes and beyond.

Maps

[Location Map](#)

[Trail System](#) (Please download or print this map prior to your visit to Hidden Falls Regional Park as cell phone service is limited.)

WHAT YOU WILL FIND WHEN YOU GET HERE

Approximately 30 miles of multiple-use trails provide access to scenic views of the riparian habitat along several creeks and to two gorgeous waterfalls. There are informative interpretive panels mounted at various spots along the trails. The park also has areas for picnicking, the fishing is great and there is plenty of open space for enjoying quiet time in a pristine outdoor environment.

PLEASE PLAN YOUR TRIP CAREFULLY – PARKING IS LIMITED

You are welcome to visit the 1,200 acre Hidden Falls Regional Park any day of the year. In order to get the most enjoyment from your trip, please plan carefully to use the park during off-peak days and times because the parking lots in the park often fill up during weekends and holidays. Park visitors are strongly encouraged to carpool to the park and to arrive early.

PARK FULL CONDITIONS

Due to the extreme popularity of Hidden Falls, the park sometimes becomes overcrowded. These conditions have caused concern for the sensitive flora and fauna within Hidden Falls, and especially concerns for the safety of the public. In order to ensure the safety of park visitors and the neighboring community, and improve the public's experience with the park, when the parking lots are full, guests are asked to park at an alternative location and bike or walk to the park, or to visit a different park for the day. Visitors are not to park along Mears Drive or along any of the private roads in order to access Hidden Falls. The California Highway Patrol is the enforcement arm for parking issues on roadways outside of Hidden Falls Regional Park. The Sheriff's Department will enforce rules within the Park. An alternative parking location, about 5 miles away, is available at the Placer County Government Center, 3091 County Center Drive. From there you can ride your bike or hike to Hidden Falls, if the parking lot is full.

Plans are underway to provide additional parking in summer, 2015. Although both the parking lots for cars and equestrian units will be enlarged, parking will still be limited.

[Park full conditions and alternative nearby trails.](#)

EQUESTRIAN STAGING AREA

There is an area of the parking lot has been designated as parking for equestrians. There is not a lot of parking space for equestrians so please park only in parking stalls designated for vehicles.

PLACER LEGACY OPEN SPACE PROGRAM

The development of Hidden Falls was made possible by the Placer Legacy Open Space Program. Placer Legacy is a voluntary program formed to conserve open space, help preserve the local farm economy, protect native plants and wildlife, and provide more passive recreation opportunities to the public. Major support is being provided by a combination of funding partners and volunteers.

Supporters include the California Natural Resources Agency, Sierra Nevada Conservancy, California Conservation Corps, REI Inc., Folsom Auburn Trail Riders Action Coalition, Sun City Lincoln Hills Hiking Club, and California State Parks.

Hidden Falls has been described by Supervisor Robert Weygandt as the “Crown Jewel” of the county’s award-winning Placer Legacy program.

HELP MAKE YOUR VISIT TO HIDDEN FALLS A FRIENDLY EXPERIENCE

Remember, Hidden Falls is your park. Keep it nice for future users by:

- Car Pooling
- Staying on trails
- Avoiding rides within 24 hours of rainfall or whenever trails are muddy
- Packing out any litter you find

Amenities

- Picnic Areas
- Fishing
- Swimming
- Restrooms
- 1200 Acre Open Space
- 30 Miles of Natural Surface Trails suitable for hiking, running, biking and horseback riding.

Location

7587 Mears Place, Auburn, CA 95603

Hours

Hidden Falls Regional Park is open to the public from ½ hour before sunrise to ½ hour after sunset 365 days a year at no charge to visitors.

Fees and Use

Please stay on the trail to protect the environment. Dogs must be under control on a maximum six (6) foot leash.

[Park Policies](#)